



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




## Product Spotlight: Spinach


Baby spinach is regular spinach that has been harvested earlier. It is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



## 1 Lemon Fish Parcels with Dressed Brown Rice

Tender white fish fillets baked with lemon, herbs and butter then finished with fresh oregano and chilli. Served with balsamic brown rice.

 35 minutes

 2 servings

 Fish

21 December 2020

## Spice it up!

*You can use any dried herb of choice instead of thyme in this dish. Or you can use a fresh herb such as rosemary, dill, parsley or thyme.*

Per serve: **PROTEIN** 30g **TOTAL FAT** 44g **CARBOHYDRATES** 38g

## FROM YOUR BOX

BROWN RICE	150g
ZUCCHINI	1/2 *
TOMATO	1
WHITE FISH FILLETS	1 packet
LEMON	1/2 *
BABY SPINACH	1/2 bag (100g) *
RED CHILLI	1
OREGANO	1/2 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

butter, olive oil, salt, pepper, dried thyme (or herb of choice), balsamic vinegar, baking paper and foil

## KEY UTENSILS

saucepan, oven dish

## NOTES

You can cook the fish parcel on the BBQ instead of in the oven. Wrap an extra layer of foil around the parcel to prevent it from splitting.

We used a 20x25cm oven dish.

**No fish option - white fish fillets are replaced with chicken schnitzels.** Chop tomato and add to the rice instead. Cook the chicken and zucchini in a frypan over medium-high heat for 8-10 minutes until chicken is cooked through.



### 1. COOK THE RICE

Set oven to 220°C (see notes).

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE VEGGIES

Tear a large sheet of **baking paper** and **foil** (see notes). Lay over an oven dish. Slice zucchini and chop tomato. Toss in oven dish with **1 tsp thyme, 1 tbsp olive oil, salt and pepper.**



### 3. BAKE THE PARCEL

Season fish with **salt and pepper** and lay on top of vegetables. Slice 1/2 lemon and place over fish with **2 tbsp butter.** Fold in edges of foil to seal into a parcel. Bake in oven for 20-25 minutes or until fish is cooked through.



### 4. MAKE THE DRESSING

Whisk together **1 tsp dried thyme, 2 tbsp balsamic vinegar** and **2 tbsp olive oil.** Season with **salt and pepper.**



### 5. TOSS THE RICE

Toss dressing through cooked rice and baby spinach.



### 6. FINISH AND PLATE

Slice chilli and pick oregano leaves. Scatter over fish to garnish. Divide rice salad with fish among plates.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

